Let’s get outside! Please join us on a 1.3 mile **Go Blue Wellness Walk** from the Harry S Truman Building & through downtown Jefferson City.

**Wellness Activities**
- Capital Region Medical Center
- Missouri River Regional Library
- and more!

Can’t make it downtown? Plan, host & celebrate your own #MOGoBlue event!

**Take better care of yourself, so that you can take care of others...BETTER!**

**Children’s Trust Fund**
Missouri’s Foundation For Child Abuse Prevention
*Strong Families, Safe Kids*
ctf4kids.org

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**WEAR BLUE**
to support Strong Families, Safe Kids & the importance of prevention!

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**GO BLUE DAY**
11am to 1:30pm
Friday, April 19, 2019

At noon, please join us for a group photo!

Water, Snacks & Give-Aways (while supplies last!)

April is Child Abuse & Neglect Prevention Month!

#MOGoBlue

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Register at: https://mo-ctf.azurewebsites.net/Forms/GoBlueWellness.aspx

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**2019 GO BLUE WELLNESS WALK ROUTE**

Please note: Alternate indoor route is 11 laps around the 5th floor of the Harry S Truman Building.